

Safe Kitchen Checklist



Clean

- Wash hands with warm soapy water before preparing foods.
- Clean hands before each preparation task, especially when handling poultry or seafood.
- Wash fruits and vegetables thoroughly before preparing or consuming them.
- Sanitize cutting boards, plates and storage containers after every use.
- Keep countertops, sink, and appliances clean to prevent bacterial growth.
- Replace sponges frequently. Disinfect sponges and dish towels in chlorine bleach or by running them through the hot cycle of your dishwasher.

Separate

- Keep raw meat and poultry separate from foods that won't be cooked.
- Use different cutting boards and plates. Use one for raw meat, poultry and seafood and another for ready-to-eat foods like bread, fruits and vegetables.
- Store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't run onto other foods.

Cook

- Keep **HOT** Foods **HOT** (Above 140 °F)
- Keep **COLD** Foods **COLD** (Below 40 °F)
- Check the internal temperatures of cooked food to determine when it's ready to eat. Using a cooking thermometer is the only reliable way to be food is cooked thoroughly enough to make it safe to eat. Visit www.isitdoneyet.org to find the right temperature.

Chill

- Check your refrigerator thermometer. It should be set below 40 degrees F.
- Defrost foods in your refrigerator. **NEVER** defrost food at room temperature.
- Clear the table. Leftovers and takeout foods should never be left out more than two hours. Place food in shallow containers to ensure quick cooling.
- Label containers (for refrigerating or freezing) with the date. Properly refrigerated meat dishes, casseroles, cooked vegetables, etc. should be thrown out after four days. **WHEN IN DOUBT, THROW IT OUT!**